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DIET
FOR THE
SICK AND CONVALESCENT.
—
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PROF. CHARLES A. KOFOID AND
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*Scale—graduated to Hours and Minutes
showing Healthy Digestion in ordinary (after Beaumont.)*

<i>Vegetable Food.</i>	6 hours	<i>Animal Food & Fish.</i>
	15	
	30	<i>Tendon boiled</i>
	45	<i>Suet Beef</i>
	5 hours	<i>Veal Fried</i>
	15	<i>{ Suet Mutton { Pork fat & lean</i>
<i>Cabbage boiled</i>	30	<i>{ Duck roasted { Veal broiled</i>
	45	<i>Fowls Domestic boiled</i>
<i>Vegetable Soup & Bread</i>	4 hours	<i>{ Salmon boiled, Beef fried { Egg hard boiled, Fried { Butter Melted, Cheese</i>
<i>Sweetash or Green Corn & Beans Beets boiled</i>	45	<i>Mutton Soup Oyster Soup</i>
<i>Orange Carrot boiled Fresh Wheat Bread</i>	30	<i>{ Sausage fresh fried { Flounder { Cut Fish</i>
<i>Turnips boiled</i>	15	<i>{ Oysters fresh roasted { Pork recently salted { Pork Steak</i>
<i>Bean Soup Apple Dumpling Corn Cake baked</i>	3 hours	<i>{ Eggs soft boiled, Sea Bass broiled { Roasted Fresh Beef { Beef Steak, Pork { Chicken Fricassed Salt Beef</i>
<i>Custard baked</i>	45	<i>Oysters raw</i>
<i>Beans boiled Cake Sponge Parsnips, Irish Potatoes roasted Cabbage & Vinegar. raw, baked.</i>	30	<i>{ Sucking Pig, Lamb broiled { Turkeys well roasted, Jellies</i>
	15	<i>Milk, raw Eggs fresh</i>
<i>Tapioca, boiled Barley</i>	2 hours	<i>Beefs Liver broiled</i>
<i>Sago</i>	15	<i>Brains Animal boiled</i>
	30	<i>Venison Steak broiled</i>
<i>Barley Soup, Apples sweet raw</i>	45	<i>Eggs whipped raw.</i>
<i>Boiled Rice.</i>	1 hour	<i>Pigs Feet, Stewed Tripe</i>

*Nutritive Matter, in healthy Digestion extracted
from Animal and Vegetable food in 1000 parts.*

<i>Animal.</i>		<i>Vegetables & Fruits.</i>	
	510	950	Wheat
		930	Peas & Dry Nuts
<i>Bones by Papins digester</i>	510	920	Barley
		890	Beans dry
<i>Mutton</i>	290	880	Rice
		800	Bread
<i>Chicken</i>	270	792	Rye
		742	Oats
<i>Beef</i>	260	650	Almonds
		340	Tamarinds
<i>Veal</i>	250	290	Plums
		270	Grapes
<i>Pork</i>	240	260	Apricots
		260	Potatoes
<i>Cod Fish</i>	210	260	Peaches
		250	Cherries
<i>Sole</i>	210	190	Gooseberries & Currants
		170	Apples
<i>Brain</i>	200	160	Pears
		148	Beets
<i>Haddock</i>	180	100	Strawberries
		93	Carrots
<i>White Eggs</i>	110	73	Cabbage
		42	Turnips
<i>Milk</i>	72	30	Melons
		25	Cucumbers

D I E T

FOR THE

SICK AND CONVALESCENT.

BY

E. NEAL, M.D., A.L.S.,

UNIVERSITY OF PENNSYLVANIA.

INDOCTI DISCANT, ET AMENT MEMINESSE DOCTI ———.

PHILADELPHIA:
JAMES CHALLEN & SON.

1861.

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Dedication.

To my many Medical Friends Physicians; and former Class-mates: to the Medical Students of the University of Pennsylvania, and Jefferson Medical College, and those who were once my Office Pupils; to the Mothers, Sisters, and Nurses whom I have met around the bed of sickness; and to all my Patients, who have entrusted to me their health and lives, I humbly dedicate this little Volume, trusting it will aid them, with the Divine blessing, in the prosecution of an arduous Profession: and assist them in restoring Health to the Sick, and Hope and Comfort to the Convalescent.

PREFACE.

“It is the duty of the physician,” says the learned Dr. Hooper, in his *Principles and Practice of Medicine*, “not to cure disease by physic alone; but where Diet is equally efficacious with medicine, it should always have the preference.”

There is one rule always to be observed in giving nourishment to the sick—never to direct too much to be given at once, but frequently to repeat a small portion. “Often, but little at a time,” should be an adage with those who attend upon the sick and administer their food; lest, in cases of great prostration, life may be endangered by overloading a stomach greatly depressed by previous abstinence from food, or forms of low fever.

The physician is frequently called upon to give directions for the preparation of the Diet for the Sick and Convalescent under his care. To meet the wants of such cases, this little volume has been compiled from the best authors upon the subject, and such plain rules adopted as to put it within the reach of all

those who attend upon the sick, to make such dishes as may be palatable, and at the same time nutritious. Nurses are supposed to know how to prepare food for the sick ; but even they may, and often do, consult the attending physician in regard to preparing the food which is to enter so largely into the means employed for the entire convalescence of his patient.

In most diseases to which the human family is subject, some regulation of the diet, or mode of taking food, is absolutely required. The functional derangement of the stomach called "Anorexia," or loss of appetite, attendant upon almost all severe diseases, especially those of an inflammatory, or febrile character, require especial attention. This loss of appetite is always accompanied by a loss of power to digest food ; and indicates either too long an entire abstinence from food, in which the tone of the stomach has been lost, or the accumulation of foreign substances upon the mucous membrane. Patients should be allowed such food, during an attack of disease, as is suited to their age and condition. This caution requires to be observed more especially in diseases of children, the stomachs of whom are easily disordered : hence solid food is apt to disagree with young children, and lay the foundation of severe constitutional disease. A nourishing diet should be prescribed for the convalescent, which would be highly improper for a patient laboring under a severe or constitutional affection. Hence a diet containing little or no nutri-

ment is proper for the sick during the paroxysm of disease, and is called Antiphlogistic, or low diet. Such is gum, starch, sugar, and the juice of ripe fruits, jellies, and acidulated drinks.

The Second Class are substances of the vegetable kingdom, consisting of albumen, gluten, and fixed oils.

The Third Class—still higher—is a Milk Diet, particularly cream, which may be allowed to the sick when entirely free from disease, but suffering from the debility consequent upon his sickness.

Fourth Class consists of eggs—intermediate between a vegetable and a full animal diet, and containing minute proportions of Sulphur and Phosphorus.

Fifth Class comprises animal substances highly stimulating; and when absorbed, produces an augmented richness in the blood. These, together with the malt liquors, wines, and other stimulating drinks, serve to promote a vigor and give tonacity to the debilitated constitution after an attack of disease.

The authors consulted in the compilation of this work have been the treatises of Professors Pereira, of the London University, Wood, of the University of Pennsylvania, and others, whose names, in brackets, will be found in the body of this work.

The Scale, as a frontispiece, shows the time usually employed in healthy digestion, in the stomach, generally denominated “Chymification;” but the digestibility of foods is affected by circumstances relat-

ing to the individual: as the state of body and mind; habits; the interval that has elapsed since the last meal; the keenness of the appetite; the amount of exercise taken before or after eating, and the quantity of food swallowed at one meal, are circumstances which affect digestion. Violent anger, for example, disturbs the process, and gives rise to bile in the stomach. In fevers, where there is dryness of the mouth, and thirst, little or no gastric juice is secreted; hence the propriety of withholding food is very obvious.

The other plate shows the Nutritive Qualities of Food. Cucumbers, thus placed at the foot of the list, and marked 25, shows that 975 parts in 1000 are waste. The other, being taken up and carried into the circulation, forms a part of the animal economy. And wheat, marked 950, shows that that amount is nutritive, while only 50 parts are waste; hence it is called the "staff of life."

Food has thus been arranged into five classes — from the least irritating, to the more nutritive or stimulant. It will thus be found to simplify the whole subject, and render practical and useful all the details herein set forth.

A copious Index and Glossary is added, of such terms as are not in common use, and will, the author hopes, be found very useful.

E. NEAL, M. D.

DIET

FOR

THE SICK AND CONVALESCENT.

ANTIPHLOGISTIC DIET.

FIRST CLASS, and lowest in the scale, are vegetable substances devoid of irritating properties, and consisting of gum, starch, and sugar, in the form of liquids.

GUM WATER, (*Gum Acacia*,)

Is best prepared by dissolving an ounce of Gum Arabic in a pint of boiling water, and allowing it to stand till cool.

It is nutritious, and adapted to the highest state of gastric irritation.

INFUSION OF SLIPPERY ELM. (*Ulmus*.)

Take of the bark, sliced and bruised, one ounce; boiling water, one pint. Macerate in a covered vessel for two hours, and strain.

INFUSION OF SASSAFRAS PITH. (*Medulla Sassefras.*)

Take of sassafras pith one drachm ; cold water, one pint. Macerate for three hours, and strain.

INFUSION OF BENNE LEAVES. (*Sesame Folia.*)

One or two of the fresh leaves, stirred about in half a pint of cool water, will soon render it sufficiently viscid ; forming a rich, bland mucilage, much used as a drink in various complaints in which demulcents are applicable. If the leaves are dried, hot water should be used.

C A N N A.

This is the fecula of the root *canna edulis*. Under the French name, "*tous les mois*," this food was a few years since introduced into this country. It is prepared in the West India Islands. One ounce, dissolved in a pint of boiling water, makes a nutritious and wholesome food for infants or invalids.

It is said to form even a stiffer jelly than that of arrow-root.

TAPIOCA, (*Jamipha Manihot*,)

The starch-grains of a South American plant, forms an excellent diet for the sick and convalescent, and is prepared by boiling a tablespoonful in a pint of water, till thoroughly dissolved, and seasoning with sugar and nutmeg, or other spices.

IRISH MOSS. (*Chondrus*.)

A plant growing on the southern and western coasts of Ireland, but also a native of the United States. It is prepared by boiling in one pint and a half of water, down to one pint, half an ounce of the moss. Sugar and lemon-juice is then added, to improve the flavor; having first macerated the moss in cool water for ten minutes previous to boiling.

ARROW-ROOT, (*Maranta*,)

Is prepared by dissolving it in hot water, with which it forms a gelatinous solution, and, if in sufficient quantity, a jelly-like mass, on cooling. A tablespoonful is sufficient for a pint of water. It

should first be formed into a paste with a little cold water, and then the boiling water added, with brisk agitation. It may be rendered more palatable by the addition of lemon-juice and sugar, or spice and wine, if not contra-indicated.

SAGO (*Sagus Rumphii*)

Is nutritive, easily digested, and wholly destitute of irritating properties. It is given in the liquid state, care being taken to boil it long in water, and stir it constantly, that it may be thoroughly dissolved. A tablespoonful to a pint of water is sufficient for ordinary purposes, seasoned with sugar, nutmeg, or other spice—sometimes, but not always, with wine.

BARLEY-WATER (*Hordeum*)

Is prepared by using two ounces of pearl barley, having first washed it, to free it from extraneous matters. Boil with half a pint of water for a short time; then strain, and throwing away the first water, add four pints of boiling water. Boil to one-half, strain, and drink cool.

RICE-WATER (*Oryza Sativa*)

May be prepared in the same way as barley-water. It is entirely free from laxative properties, and is admirably adapted to states of weak bowels and tendency to diarrhœa.

SUGAR-WATER. (*Acer Saccharium*.)

This is the natural product of the maple-tree, one of the prides of our American forests, being the sap of the *acer saccharium*, and yields us an admirable drink in febrile states of the system. But the sugar of the beet, the cane, the palm (called *jaggary*), or of the grape (*glucose*), all contribute to swell this list of the *materia medica*.

One ounce of sugar or of rock-candy to the pint of water, with one scruple of citric or any other vegetable acid, forms a pleasant drink in febrile states of the system; and molasses and vinegar, in the proportion of four of the former to one part of the latter, with a little powdered ginger, form a delightful and nutritious beverage. Pectine or vegetable jellies also form a convenient diet for the sick and convalescent.

Juices of Ripe Fruits or Jellies, in the form of Acidulated Drinks or Watered Ices.

LEMONADE.

The juice of one lemon, added to one pint of cold water, with two ounces of simple syrup, forms an agreeable and refreshing beverage; and being refrigerant, is admirably adapted for inflammatory and febrile complaints.

ORANGEADE.

This is prepared in the same manner as the above. The juice of oranges is not so acid, and therefore requires less sugar than that from lemons. Both drinks, when frozen, constitute the lemon and orange watered ices of the shops.

RASPBERRY VINEGAR.

R. Bacca Rubi Idœi Suec.....	Oss.	Take Raspberry.
Acetum communis	℥vi.	Juice, $\frac{1}{2}$ pint.
Sacch. Alb.....	℥xii.	Vinegar, 6 oz.
		Sugar, 12 oz.

Boil to a syrup, and add two tablespoonfuls to half a pint of water for a drink.

STRAWBERRY JUICE.

Take equal weights of ripe strawberries and pulverized loaf-sugar; mix them, and let stand in a cool place twelve hours; strain off the juice, and to two tablespoonfuls add half a pint of cold water. This constitutes a delightful and refreshing beverage, and may be taken *ad libitum* in inflammatory affections.

This juice, when boiled with sufficient water to the density of 1.319, constitutes the strawberry syrup of the U. S. P.; and to prevent fermentation, should have 32 parts in every 1000 of sugar of milk added.

In like manner, from raspberries or blackberries (the latter containing an astringent principle), may be prepared,

RASPBERRY JUICE,

BLACKBERRY JUICE.

PINEAPPLE JUICE

Is made as the above, using one pound and a half of powdered loaf-sugar to one pound of pine-

apple, in thin slices: and may be made into a syrup, as directed for the foregoing. One ounce to half a pint of water constitutes a drink.

APPLE JUICE

Is prepared by adding to half a pint of cold water two tablespoonfuls of apple jelly, made as follows:

Boil twenty-four apples, cut up and cored, in a quart of water, with sliced lemon, until nearly saturated. Strain, and to every pint of juice add a pound of loaf-sugar, and boil till done; which is ascertained by cooling a small quantity, and dropping it into a glass full of cold water. If it sinks to the bottom, the liquid will gelatinize when cold.

CURRENT JUICE.

This is made by adding two tablespoonfuls of currant jelly to half a pint of water; drink often, but little at once. Currant jelly is prepared by extracting the juice of the currant, placing it in a covered jar, in boiling water, over a brisk fire: boiling for twenty minutes one pint of the juice

with one pound of loaf-sugar; first dissolving the sugar in the juice before boiling.

QUINCE JUICE

Is prepared in the same manner as apple juice; using quince jelly instead of apple jelly.

PEAR JUICE.

This is made by adding two tablespoonfuls of the juice of preserved pears to half a pint of cold water.

VERJUICE.

This is the expressed juice of the unripe grape; much esteemed for its refreshing properties in hot climates, containing, besides malic and tartaric, racemic acid, largely diluted with water. The juice of the ripe fruit, particularly the Malaga grape, without the skin, pulpy part, or seeds, is much more esteemed by the sick and convalescent. Raisins are often used, boiled in gruel or the like, to impart flavor; but should not be allowed to the sick whose digestion is weak, or where there is a tendency to flatulency.

TAMARIND JUICE.

Tamarinds in a preserved state are imported from the East and West Indies, and contain citric, tartaric, and malic acids, united with gum, sugar and cream of tartar. When four tablespoonfuls are taken and added to half a pint of cold water, and frequently agitated for twenty minutes, an agreeable and acid drink is produced, which is laxative in its properties, and is admirably adapted to those cases where there is a constipated condition of the bowels, left during convalescence from an active fever. Simple syrup added to the imported juice renders it much more palatable and nutritious.

At certain seasons of the year, these fruits become scarce, and are not to be procured. To meet this want, artificial flavors have been introduced; to prepare which, see

*Fruit Essences.*ESSENCE OF PINEAPPLE. (*Bastic Formula.*)

Dissolve six pounds of sugar and half an ounce of tartaric acid in twenty pounds of boiling water.

After the solution has stood several days, add eight ounces of putrid cheese, broken up with three pounds of skimmed and curdled sour milk, and three pounds of levigated chalk. The mixture is kept warm, at about the temperature of 92° F., and stirred daily, for five or six weeks, till gas has ceased to be evolved. The liquid thus obtained is mixed with an equal quantity of cold water, and eight pounds of crystallized carbonate of soda, previously dissolved in water, added. It is then filtered, and the filtrate evaporated down to ten pounds, and five and a half pounds of sulphuric acid, diluted with the same quantity of water, carefully added. The butyric acid, which separates on the surface as a dark-colored oil, is to be removed, and the rest of the liquid distilled, neutralized with carbonate of soda, and the butyric acid separated as before by sulphuric acid.

The impure butyric acid is purified by adding one ounce of sulphuric acid to every pound of the crude acid, saturated with fused chloride of cal-

cium, and redistilled. The product will yield about twenty-eight ounces of pure butyric acid.

The essence of pineapple is prepared from this acid by mixing, by weight, three parts of butyric acid with six parts of alcohol and two parts of sulphuric acid, in a retort, and submitting the whole to distillation with a gentle heat. The product is treated with chloride of calcium, and redistilled. The pure ether is thus obtained.

Take of Essence of Pineapple.....	$\frac{1}{2}$ oz.
Simple Syrup	2 galls.
Burnt Sugar	$\frac{1}{2}$ oz.
Fruit Acid	8 oz.

M. Two ounces, mixed with carbonated soda, or ice-water, forms a most delightful and refreshing beverage.

FRUIT ACID.

Take of Citric Acid.....	8 oz.
Boiling Water.....	6 oz.

When dissolved, filter through paper.

Artificial Fruit Essences.

PEAR OIL.

This is a solution of acetate of amyl-oxide and acetate of ethyl-oxide in alcohol. Fifteen parts of the former are dissolved with half a part of acetic ether in one hundred parts of alcohol, and constitute the essence of pear.

R.	Syrup Simplex.....	1 gall.
	Essence of Pear.....	$\frac{1}{2}$ oz.
	Fruit Acid.....	4 oz.

M. This is jargonelle pear syrup. Two ounces added to half a pint of fountain soda, or ice-water, is a pleasant and refreshing drink.

BANANA ESSENCE

Is prepared by mixing essence of pear with butyric ether in sufficient quantities, so that when half an ounce is added to four pints of simple syrup and two ounces of fruit acid, and two ounces are incorporated with half a pint of iced or soda water, it shall have the flavor of the fresh banana fruit.

ESSENCE OF QUINCE.

This is the pelargonic ether (formed by reaction of dilute nitric acid on the oil of rue), dissolved in alcohol; having an agreeable vinous odor, and a taste slightly acid. It is prepared for use in the same manner as the pear syrup.

ESSENCE OF APPLE

Is prepared by the reaction of four parts fusil oil and four parts sulphuric acid with five parts valerianic acid. One part of this ether valerianate of amylic, dissolved in eight parts alcohol, is used for flavoring the syrup of apple.

Strawberry, Raspberry, Apricot, Mulberry, Green Gage, and *Black Currant* essences, are mixtures of the above ethers, modified by the addition of nitrous ether, vanilla, and certain volatile oils, to bring about the taste and odor of the fresh fruit, which it is the object to imitate; the success in which depends upon the purity of the materials employed.

IMPERIAL.

Take cream of tartar two ounces; the juice and peel of two lemons: pour on these six quarts

of boiling water; stir, and cover close; sweeten with loaf-sugar to your taste; then strain, and bottle; adding half a pint of the best Monongahela whiskey to the whole quantity.

SECOND CLASS. — Substances of the vegetable kingdom, identical with the constituents of the human body; entering into its composition without change, and consisting of albumen, gluten, and fixed oils.

OAT-MEAL GRUEL.

Take two ounces of oat-meal, and one quart of boiling water; mix the meal with sufficient cold water to make a paste; then add it to the boiling water, little by little, stirring all the time; then remove from the fire, and add sugar and spice sufficient to make it agreeable.

It will require twenty minutes' boiling. A little salt added is palatable. If the above be made from the Bethlehem oat-meal, it should not be strained;

but if from coarse grits, after boiling, it should be passed through a sieve, and then seasoned.

ONION SOUP

Is much craved by many recovering from sickness.

Cut a large onion into five pieces; warm some butter in a frying-pan; put the onion in, and fry it brown, with a little salt and pepper, if allowable. Then toast a piece of bread brown, cut it up into small pieces, and place it on a dish. When the onion is well done, pour over it a pint of boiling water; stir it round briskly, and then pour over the toast.

CRACKER PANADA.

Put two or three crackers into a pint tin-cup of cold water. Set it on the fire, covering it closely. When it boils, pour it into a bowl, sweeten, and add a little spice, if allowable. To be eaten warm.

INDIAN GRUEL.

Put three large tablespoonfuls of Indian meal (sifted) into a quart of water; boil fifteen minutes, sweeten, and serve up with toast.

PANADA.

Having pared off the crust, boil some slices of bread in a quart of water for about five minutes. Then take out the bread, and beat it, with a little of the water in which it has been boiled, in a deep dish, to a pulp. Mix with a little butter, sugar, and nutmeg, to suit the taste.

FARINA

Is prepared for use by stirring a tablespoonful or more into a pint of boiling water, simmering for a quarter or half an hour, and flavoring with essence of vanilla, or lemon, to suit the taste.

GRATED FLOUR.

Take one pound of fine wheat flour; tie it up in a linen cloth, as tight as possible; and after frequently dipping it in cold water, and then in flour, so as to form a crust around the bag, and prevent the water from soaking it while boiling, then boil in a gallon of water, until it becomes a hard, dry mass. Two tablespoonfuls of this flour is grated, and boiled in a pint of water. Flavored and sweetened to suit the taste.

VEGETABLE SOUP.

Take two potatoes, two onions, two turnips, one carrot, and a little parsley, and chop them fine. Peel the potatoes, quarter them, slice the onions, cut the turnips, and slice the carrot. With sufficient salt, boil in three pints of water, down to a quart. About fifteen minutes before it is done, add the parsley. Strain, and serve with light bread or toast.

COCOA.

Boil two ounces of good cocoa in a quart of water. Simmer quietly for an hour, and serve hot, with sugar and cream.

CHOCOLATE.

After a decoction of chocolate is made in the usual way, it should be allowed to stand till cool. The oily parts which rise to the surface should then be removed, and the liquid boiled, and served up with sugar to suit the taste.

THIRD CLASS. — Intermediate between the most nutritious vegetable and a full animal diet, is milk; the oily matter of which, particularly cream, bears

about the same practical relation to vegetable oils as its caseine does to vegetable albumen, and is one of the first articles of food which may be allowed in rising from the lower to the higher grades of diet.

MILK DIET.

COW'S MILK,

Like the milk of most other animals, is resolvable into three parts, very different in their properties from each other: viz., the oily part, which yields cream and butter; the coagulable part, which gives curd and cheese; and the watery, sweet part, which constitutes whey. The coagulable part is very abundant in the milk of cows, goats, and sheep; but the proportion is smaller in the milk of asses and mares, and smallest in that of women. It is chiefly owing to the greater or less proportion of the curdy matter, that the milk of different animals is heavier or lighter upon the stomach; or, in other words, more or less digestible. Hence, next to woman's milk, mare's or asses' is the lightest.

Unlike other animal fluids, it does not, on keeping, run into the putrefactive fermentation, but turns sour; and, in consequence of the sugar it contains, yields, on distillation, an intoxicating liquor, called "Koumiss." On account of the abundance of oily and coagulable matter which it contains, cow's milk is by no means so well suited to infants as human milk. This has been attributed to the greater tendency to acidity in the milk of the cow, an herbivorous animal; whereas in the human subject the diet is mixed. The quality of woman's milk too often becomes depraved, or its secretion stopped, by the luxurious and debilitating habits of civilized life. Cow's milk, in too many instances, becomes a necessary substitute. It should, therefore, never be given alone to infants; but be diluted with water, to prevent those gripings and other diseases in young children, which it is so apt to produce when given alone.

Milk is rendered heavier by boiling, and is very liable to occasion costiveness.

CREAM

Is the oily part of milk, with a small admixture of the coagulable part, and some of the whey. It is the richest and most nutritious part of milk, and when fresh and sweet, is very wholesome.

BUTTER

Is obtained from cream by churning. During the process, the oil is supposed to combine with oxygen. It has very nourishing properties; and, except when eaten in too large quantities, so as to produce butyric acid in the stomach, is wholesome and palatable.

Curds, which are separated from milk by rennet, are nutritious, but not easily digested; but when coagulated in a particular manner, and known under the name of

CORSTORPHIN CREAM

Is nutritious, grateful to the stomach and palate, acid, and cooling. It is prepared as follows:

A portion of skimmed milk is put into a wooden vessel, deeper than wide, and which has an aper-

ture in the bottom, closed with a small plug. This vessel is to be set in another, that is wider and deeper, surrounded with boiling water, and allowed to remain for one or two days, according to the state of the weather; after which time, the milk is found coagulated, and its watery portion subsided to the bottom of the vessel. This watery portion is drawn off by the aperture above mentioned, and the coagulum in the smaller vessel is again surrounded with boiling water as before. Having remained in this state for twenty-four hours longer, it is found that more of the watery portion is separated from the coagulum; which being drawn off as before, the coagulum, now of a tolerably thick consistence, is stirred and briskly agitated with a wooden spatula or spoon. It is then ready to be served upon the table.

CHEESE.

Curds, separated from milk by rennet, subjected to strong pressure, and more or less salted, is an aliment suited only to healthy stomachs.

Toasted Cheese is still more indigestible, and is an improper diet for those whose stomachs are weak. The Cheshire, Gloucester, and Stilton, English, and the Parmesan, Italian, cheeses, are in most esteem. The Gruyeres cheese, made in the canton of Friburg, and the green Swiss cheese (called "Schabziger"), which owes its flavor and color to the herb meliot, are much used in this country, under the name of "Sap-Sago."

BUTTER-MILK

Is the residuum left after churning, and is cooling, aperient, and nourishing. Sweet butter-milk is admirably adapted to consumptive habits, and should form the patient's entire drink.

WHEY

Is the thin, watery part of milk, freed from its oily and coagulable portions, and containing its sweetish principle, called

SUGAR OF MILK;

Which is obtained from whey, by evaporation.

ALMOND MILK

Is an emulsive liquid, used as a drink. It is prepared as follows:

Take of sweet almonds, blanched, half an ounce; powdered Gum Arabic, one drachm; white sugar, two drachms; water, cold, six ounces and a half. Beat the almonds with the sugar and gum, and then gradually add the water. Almond milk contains in solution caseine, sugar, and gum; and retains in suspension a fixed oil. It forms a very agreeable demulcent drink in colds, coughs, and inflammatory affections of the bowels and urinary organs.

SYRUP OF ALMONDS. (*Orgeat.*)

Take of sweet almonds, one pound; bitter almonds, four ounces; water, three pints (wine); sugar, six pounds. Blanch the almonds, and beat them in a mortar to a fine paste, adding three fluid-ounces of water and one pound of sugar. Mix the paste thoroughly with the remainder of the water. Strain with strong expression, add the remainder

of the sugar to the strained liquid, and dissolve with a gentle heat. Strain the syrup through linen, allow to cool, bottle, and keep in a cool place. Sometimes orange-flower water is added, to improve the taste.

Orgeat is demulcent, and slightly narcotic; owing to the presence of the acid derived from the bitter almonds. It is used to flavor drinks for the convalescent, and allay troublesome coughs. Two tablespoonfuls are sufficient for half a pint of common or soda water.

COCOA-NUT MILK

Is an albuminous liquid, closely allied to vegetable emulsions, though devoid of oily matter. It holds in solution vegetable caseine, sugar, gum, and some salts. It is highly nutritive.

TOAST TEA.

Toast a piece of stale bread brown on both sides, put it into a bowl, and pour over it boiling water sufficient to cover it. Sweeten with white sugar, and serve up either cold or hot.

MILK TOAST.

Toast a piece of bread brown. Boil milk, with a little salt and butter in it, and pour over the toast.

FLOATING ISLAND.

Take the whites of ten eggs, two quarts of cream or rich milk, a few teaspoonfuls of currant or quince jelly, sugar, rose-water, and three drops of oil of lemon. Put the cream into a suitable vessel, mix thoroughly the oil of lemon with the sugar; after which, sweeten the cream, add rose-water sufficient to flavor, beat the eggs, adding the jelly, little by little, till it stands alone; then place on the top of the cream, and serve up when done.

FRENCH CREAM.

Take one pint of cream, four eggs, and half a vanilla bean. Break the bean in pieces; boil it in a little milk; add it to the cream; boil both together; take it off of the fire, and stir in the yolks of four eggs, previously beaten. Strain, and stir till cool.

SYLLABUB.

Take one pint of cream, the rind of one lemon, grated, two ounces of loaf-sugar, and the whites of three eggs. Beat these ingredients together, and as the froth collects serve up in syllabub-glasses.

ICE-CREAM

Is made by flavoring cream with lemon, orange, vanilla, pineapple, or strawberries, and sweetening and freezing. It is a grateful and nourishing diet for the convalescent where there is no predisposition to fever.

BLANC-MANGE. (*From Gelatine.*)

Take one ounce of gelatine; boil in a small quantity of water, until it is completely dissolved; then add one quart of cream, sweeten with half a pound of loaf-sugar, boil together for five minutes, strain, add forty drops of extract of vanilla and a few drops of oil of lemon. When cold, serve up in glasses. Or it may be eaten after it has been moulded.

BLANC-MANGE. (*From Carrageen, or Irish Moss.*)

Take one teacupful of Irish moss, free from extraneous substances; rinse it in one water; then just cover it with water, and put it over the fire. As soon as it boils, add one quart of sweet milk; and as soon as it commences boiling again, take it off, and pass it through a bag. Sweeten it according to taste, and flavor with extract of lemon.

BLANC-MANGE.

Take one quart of cream, half a pound of loaf-sugar, half a glass of rose-water, six calf's feet (or an ounce of gelatine or isinglass), ten drops of the essence of almonds, a stick of cinnamon, and the grated rind of a lemon. Boil the feet in three or four quarts of water until the meat falls from the bones; strain the liquor, and set it away. Next day, scrape the grease from the top, and the sediment from the bottom of the jelly; put it, with the other ingredients (except the essence and rose-water), into a vessel over the fire. Boil all together five minutes; strain it, add the essences, stir until

cool, and pour into your moulds. Do not take them out of the moulds long before you wish to use them, as the air discolours them.

In using the isinglass, boil it in a small quantity of water until it is dissolved completely; add the other ingredients, and prepare it as above.

FOURTH CLASS. — Another kind of food consists of animal principles closely analogous with the albumen and gluten of vegetables. Like them, very nutritive, with but little of the stimulant property; consisting of proteine, and containing very minute proportions of “Sulphur and Phosphorus.”

EGGS.

Granivorous birds, and especially the domestic fowl, yield a mild, demulcent, and strengthening aliment, suited to the condition of advanced convalescents, and such as are exhausted by immoderate evacuations.

Raw eggs are gently laxative, while both the

white and yolk are rendered less digestible to the generality of stomachs when boiled to hardness. The lightest and best mode of preparing them for the table is to boil them only so long as is necessary to harden the white, without depriving the yolk of its fluidity.

Fried eggs are, in general, not suited to the condition of the sick and convalescent.

TO BOIL EGGS.

Have your water boiling, and then put the eggs in very carefully. If you want the whites well cooked, and the yolks soft, five minutes are sufficient; if you want them hard boiled, cook them eight minutes.

POACHED EGGS.

Break the eggs carefully into a dish of boiling water, and let them boil a few minutes, until the whites are completely done, leaving the yolks soft. Serve up with a little salt, pepper, and butter (if not disallowed).

FIFTH CLASS.—Animal substances most nutritive, containing albumen, fibrine, caseine, and oleaginous products, or ozmozone.

This class consists of tonic diet of full animal, or animal and vegetable food; a mixture of which is best suited to man. The quality of animal food is scarcely less important than its quantity; since some kinds are more stimulant, some more nutritious, and some more digestible than others.

Next in the scale of nutritive power are oysters, and the lighter kinds of fish. Raw, particularly salt, oysters, are stomachic, often increasing the appetite, and are most excellent diet when deprived of the hard part.

Next comes poultry with white flesh. After these, the ordinary meats, as mutton and beef. The dark-fleshed poultry, as ducks and geese, with pork, though stimulant, are difficult of digestion, and are not suited to the sick, whose digestion has been enfeebled by indisposition. Wild animal food is preferable to the same varieties of tame, as being more easily digested. Adult animal is preferable

to very young, which is stringy and less nutritive, or to the old, which is often very tough.

Frying is, of all the modes of preparation, most unsuitable to the condition of the sick. Roasting, broiling, baking, and stewing, are the most appropriate modes of preparation. Soups contain the extractive gelatin; and other soluble parts of the meat are less nutritious than the solid flesh; the essence being the most stimulating of the two.

CALF'S-FOOT JELLY.

For making calf's-foot jelly, obtain, if possible, feet that have been dressed with the skin on. Boil eight feet in six quarts of water—boil them a long time, until the meat drops from the bones. Strain and measure the liquor, and set away to get cold. Next day, scrape the grease from the top and the sediment from the bottom of the jelly, and to each quart add the following ingredients:

One pound of loaf-sugar (pounded), the whites of five eggs, three lemons (or a teaspoonful of tartaric acid and a few drops of oil of lemon), an

ounce of cinnamon in the stick, the rind of an orange, and a pint of *sweet* cider.

Beat the eggs lightly, and put them, with the jelly, sugar, lemons (cut up), cinnamon, and orange-peel, into a vessel. Stir them well together, and set them on the fire; let them boil five minutes; then add the cider, and let it boil again. Do not stir it after it is set on the fire. Pour it through a cullender or sieve into a flannel bag; set your moulds under the bag, and set it in a warm place; let it drain through gradually—do not squeeze it, or that will prevent its being clear. If it is not clear, warm it, and strain it again and again.

ASSES' MILK. (*Artificial.*)

Take half an ounce of isinglass; dissolve it in a quart of warm barley-water; add one ounce of refined sugar; then mix with a quart of new milk, and beat up together with a whisk.

This is inferior to the asses' milk, which is one of the best restorative nutrients in convalescence. They should be taken warm.

CHICKEN JELLY.

Cut a chicken into small pieces; bruise the bones, and put the whole in a stone jar, with a water-tight cover. Set the jar in a large kettle of boiling water, and keep it boiling three hours. Then strain off the liquid, and season with salt and pepper.

ORANGE JELLY.

Dissolve one ounce of Cox's isinglass in as much warm water as will cover it. Mix the juice of seven large ripe oranges with a pound of sifted loaf-sugar, provided it measures a pint; if not, add enough water to make up the deficiency. Put these ingredients into a porcelain pan, over hot coals, and stir till they boil. Strain the whole through a jelly-bag till it is quite clear, having added a few petals of the Spanish saffron just before done boiling. There should be a pint of orange juice to every pound of sugar. *

GUMBO SOUP.

Take a quarter of a peck each of tender ochres and ripe tomatoes. Chop the ochres fine, and scald and peel the tomatoes. Put them into a stew-pan without any water. Add a lump of butter, and a

very little salt and pepper — if preferred, an onion, minced fine. Let it stew steadily for an hour; then strain it, and serve it up with dry toast. It should be like a jelly.

BEEF TEA.

Take of lean beef, but juicy, one pound, and cut it into shreds. Put it in a quart of water, and boil for twenty minutes; taking off the scum as it rises. After it is cold, strain, and season with a little salt and black or Cayenne pepper, if allowed.

ESSENCE OF BEEF.

Cut a piece of lean and juicy beef into pieces an inch square. Put them into a porter-bottle and cork tightly; then put the bottle into a vessel of boiling water, and boil for two or three hours. In this way you procure the pure juice of the beef; and, after straining and seasoning, the essence may be served to the sick and convalescent.

LEMON JELLY. (*Without Boiling.*) (LORD.)

Take of Cox's isinglass one ounce; pour over it a pint of cold water, and let it stand twenty

minutes. Then add three pints of boiling water, white sugar sufficient to sweeten, half a pint of Madeira wine, the juice of one lemon, and three sticks of cinnamon bark. Strain through a sieve or coarse cloth, and set in a cool place to gelatinize.

MUTTON BROTH.

To one quart of boiling water, add one pound of lean mutton; season with a little celery and salt and pepper. Boil slowly for two hours, removing the scum as it rises. To be served up with dry toast.

BEEF BROTH.

Take one pound of good, juicy beef, from which the fat has been removed, and boil slowly for two hours, in a quart of boiling water; adding a small onion, sliced thin, and a small twig of parsley. Barley and rice may be added, to thicken. Serve up with toasted bread.

STIMULANTS.

WINE WHEY.

Bring a pint of milk to the boil; then quickly throw in one gill of Sherry or Madeira wine; bring it again to the boil, and having taken it from the fire, let it stand for a few moments, but do not stir it. Then remove the curd, and pour the clear whey into a bowl, and sweeten it.

This is used in cases of debility. When a patient is reduced so low that fainting comes on, it is an excellent restorative.

EGG WINE.

Take the yolk of an egg, and put it in the bottom of a wineglass. Then fill up the glass with pure Sherry wine, and drink it, fasting.

This is very useful in hemorrhage from the bowels, or in bleeding piles.

EGG FLIP.

Take of brandy, one gill; cinnamon-water, four fluid-ounces; the yolks of two eggs; white sugar,

half an ounce ; oil of cinnamon, four drops. Mix them well together, and give in doses of one table-spoonful, as often as required.

This is a nutritive and stimulating draught, applicable to the sinking stage of low forms of disease.

MILK PUNCH.

Take of the best brandy, four ounces ; sweet milk, eight ounces. Mix them, and let the convalescent (an adult) have one wineglassful for a dose, and repeat it as often as required.

Physicians cannot be too guarded in prescribing stimulants of the above character to their patients, lest they may lay the foundation of habits of intemperance, which in future life may be very difficult to break up ; and abandon. A direful necessity should always exist for their employment ; and when other stimulants can be as safely used, they should have the preference.

LIQUID MEASURE.

One teaspoonful is equal to sixty drops.

Half an ounce, or one tablespoonful, is equal to four teaspoonfuls.

One ounce is equal to two tablespoonfuls.

One desertspoonful is equal to two teaspoonfuls.

One gill is equal to one teacupful.

One wineglassful is equal to two ounces, or half a teacupful.

Half a pint is equal to a tumblerful, or eight ounces.

Two pints are equal to one quart.

Four quarts are equal to one gallon.

DRY MEASURE.

Half a gallon is equal to quarter of a peck.

One gallon is equal to half a peck.

Two gallons are equal to one peck.

Four gallons are equal to half a bushel.

Eight gallons are equal to one bushel.

Ten eggs, before being broken, weigh one pound.

One tablespoonful of salt weighs one ounce avoirdupois.

“LESLIE.”

GLOSSARY

OF TERMS USED IN THIS BOOK, NOT IN COMMON USE.

A.

Ad libitum. According to the will.

Albumen. A substance which exists nearly pure in the white of the egg, and occurs as a proximate principle in vegetables.

Althea Tea (*Marsh Mallows*). One ounce of the root, boiled in a pint of water, allowed to grow cold, strained, and sweetened, forms an elegant demulcent drink, useful in fevers and inflammatory complaints, and much used in England.

Antiphlogistic. Any medicine or diet which reduces inflammation.

Arabic, Gum. The product of the acacia, a tree growing in Egypt.

Arrow-root. The starch-grains of the plant *Maranta Arund*, a native of Bermuda, but now transplanted to Georgia, and brought to great perfection.

B.

Barley. The grains of the *hordeolum*. The pearl is the best.

Banana. A species of the genus "*musa*." A plantain-tree, growing in tropical countries.

Blackberry. The berries of the *rubus villosus*.

Blanc-mange. From the French "*blanc mange*." White food.

C.

Canna. The starch of the *canna edulis*, taken from the root.
Canning Ripe Fruit; or, to Preserve Fruit in Cans. The great art is to exclude the atmospheric air. Thus, to preserve peaches in cans, pare the peaches, sprinkle them with white sugar, and let them stand two or three hours; then bring them to the boiling heat—212° F.; put them in cans, and solder them immediately. In like manner may be preserved Apples, Quinces, Pears, Apricots, and Egg-Plums.

Caseine. Cheese.

Cocoa. A tree belonging to the genus *cocos*, order of *palmæ*. The nut or fruit. The shells are used in decoction; one ounce to a pint of boiling water, boiled fifteen minutes, and served up with sugar and cream, forming a delightful beverage. The chocolate is obtained from this nut by roasting, powdering, and mixing with vanilla or cinnamon, sugar, and butter; constituting the vanilla or spiced chocolate of the shops.

D.

Decoction. A solution made by boiling.

Demulcent. Any medicine which lessens the effects of irritation.

E.

Emulsion. Mixtures containing an oily substance.

Emulsive. Milky.

Essence. A volatile oil, dissolved in alcohol.

F.

Flaxseed. The seed of the linum. One ounce, infused in a pint of boiling water, and allowed to cool, and then strained, is the "flaxseed tea," and is very useful in the sick room.

Fruit Essences. Artificial. These may be obtained from the manufacturing chemists, Rosengarten & Sons, and Powers & Whiteman, of this city, in great purity; but the "canning," as it is called, of the fresh fruits, has almost entirely taken their place.

G.

Glucose. A sugar obtained from grapes.

Gluten. Resembling glue.

Granivorous. Living on grain.

H.

Haddock. A sea-fish, of the genus *gadus*, or cod. It has a long body; the upper part of a dusky brown color, and the belly of a silvery hue. The lateral line is black. It abounds in the Northern seas, and constitutes a considerable article of food.

I.

Infusions. Watery solutions, obtained without boiling.

J.

Jaggary. In India, a dark, coarse sugar, obtained from palms.

Jelly. From the Latin *gelo*, to congeal.

K.

Koumiss. A liquor made among the Caimucks, by fermenting mare's milk; and from which they obtain, by distillation, an intoxicating liquor called "rack."

L.

Lactic Acid. The acid of milk, obtained from it when sour.

M.

Macerate. To soften by steeping.

Malic Acid. The acid of the apple.

Motto—Indocti discant, et ament meminesse docti. “Let the unskilful learn, and the learned improve their recollection.”

N.

Nutritive. That which promotes the growth and repairs the waste of the animal economy.

O.

Oils, Fixed, leave a grease-spot on paper, in contradistinction to

Oils, Volatile, which leave no such spot, when placed on white paper and held before a hot fire.

Orgeat. From orge barley, a liquid made from barley and sweet almonds.

Osmozone. A substance of an aromatic flavor, obtained from muscular fibre. It is of a yellowish-brown color, soluble in water and alcohol, whether cold or hot, but does not form a jelly by concentration. It gives the characteristic odor and taste of soup. — “THEXARD.”

P.

Panada. A word derived from *panis*, “bread.”

Parsley. A plant derived from the petroselinum. The leaves are used only in cookery.

Pectine. Vegetable jellies, in contradistinction to animal jellies.

Phosphorus. A non-metallie element, discovered in 1669, by Brandt, an alchemist of Hamburg, by a process kept secret till 1737. In 1769, Galins discovered it in bones, and his process for extracting it is used at the present time. It is of a waxy appearance, and takes fire at 100°.

Proteine. From the Greek, πρωτος, first. A gelatinous, semi-transparent substance, obtained from albumen, fibrine, or caseine, and considered the basis of animal tissue, and of some substances of vegetable origin.

Q.

Quince. The fruit of the *Cydonia vulgaris*; so named from Cydonia, a town of Crete, famous for abounding with this fruit. One ounce of the seed, boiled in one pint of water, and strained, forms a fine demulcent drink, useful in fevers, and may be substituted for the other demulcent drinks when a change is desirable.

R.

R. The sign of one of the heathen gods, — “Jupiter,” — and was formerly used as an invocation to the god of medicine, to bless the prescription to the patient, and to restore him to health. In modern prescriptions, it is used as an abbreviation of “Recipe,” “Take of.”

S.

Saffron. The stigmas of the *crocus sativa*.

Solution. That which is dissolved. A true chemical union.

Stigmas. The top of the pistil. — “MARTYN.”

Sulphur. An elementary, non-metallic, brittle solid, of a pale yellow color, and exhibiting a shining fracture. It volatilizes at 180°, melts at 225°, takes fire at 300°, and burns with a blue flame, giving off sulphurous acid fumes.

T.

Tartaric Acid. The acid obtained from the *argol*; which is a reddish substance, deposited in large quantities in the bot-

tom of the wine-vats in France; and when combined with potash, in the proportion of two parts to one, constitutes the cream of tartar of the shops. — “WEBSTER.”

U.

Umbel. A screen, or fan, in botany. Each peduncle bears a little umbel.

V.

Verjuice. The expressed juice of the unripe grape.

W.

Wines. The Sherry or Madeira should be used, except in cases of diarrhœa; when the Port Wine, on account of its astringency, is best.

X.

Xylite. A liquid which exists in pyroxylic spirit. — “GRAHAM.”

Y.

Yolk. From yellow, the vitellius.

Z.

Zero. A cypher. Nothing.

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